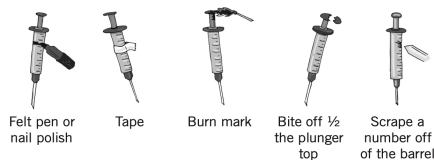


Protection

To be extra safe, you should always break off your own needle tip. That way, no one can re-use your needle, and no one will get punctured with it.

The ideal way to protect yourself from HIV and hepatitis C (Hep C) is to use new works every time you inject and to never share. If you can't get new needles, try one of these options:

- Switch to drugs that can be swallowed (parachute), eaten, smoked or snorted until you can get new works. Try not to re-use cookers, filters, or other works that have been used by another person
- Keep your own works and don't let anyone else use it. Mark your works to let you and others know that it is yours and it is not to be shared
- Works can be cleaned between each use but not shared between people. Rinse the needle with cold water after using it so blood does not dry in the syringe and clog it. **Bleach does not kill hepatitis C and may not kill HIV**
- Stock up on works when you can
- Clearly mark your own works to let you and others know that it is YOUR equipment and it is **NOT TO BE SHARED** with others



Remember that when you are passed out, you are more at risk for being sexually assaulted or raped, having your stuff ripped off, or being

These materials have been developed in collaboration with the Harm Reduction Coalition



Our Mission

We at the Sierra Harm Reduction Coalition (or SHRC) is providing an ever increasing suite of community based Harm Reduction services aimed to improve the quality of life in our county through helping our drug using community by reducing the consequences of drug use (HIV, HEP B/C, sexual disease, youth use and abuse, litter, etc.). We highly believe in the safety of our community. We greatly believe and respect the rights and feelings of our family who use drugs. To do this we provide free of charge mobile "where they're at" drug and disease minimization services.

We believe that no one, despite their circumstances, should not be stigmatized. We are building a highly networked collaboration of service providers, such as treatment, mental health providers and other local community providers. Kit distribution, needle exchange, disease testing, disposal containers, naloxone training and referring to essential services are in our near future. Ultimately, our mission is to help our family who use drugs grow into essential members of our community.

We help each other help each other.

Contact Us

530-212-0279

information@shrcoalition

www.shrcoalition.org



Sierra Harm Reduction Coalition

Harm Reduction Services for
El Dorado County



- ✓ Safest and best veins to use
- ✓ Not recommended. Inject slowly and with caution
- ✗ Dangerous! Never inject here!

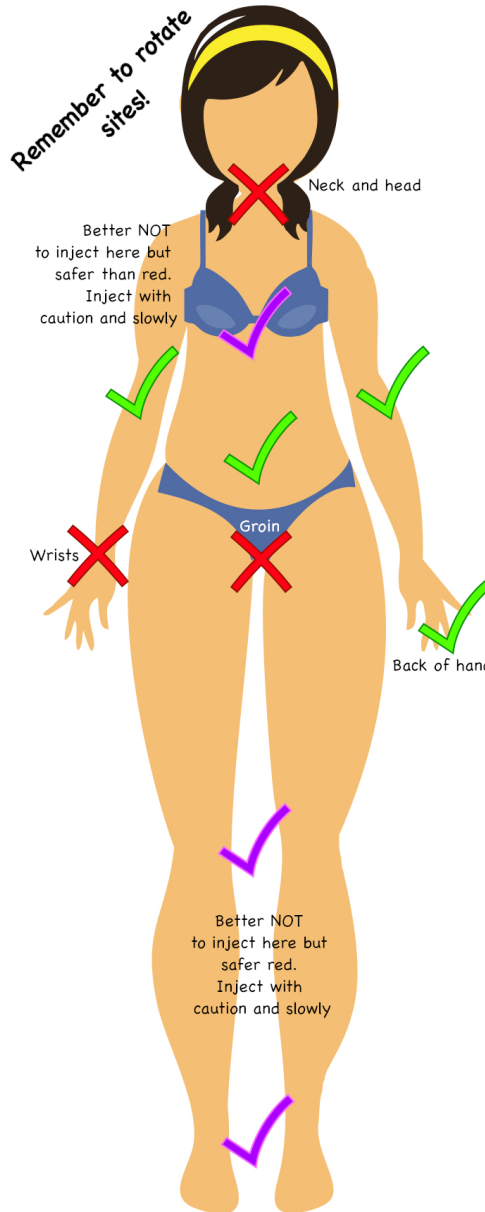
Vein Care

- Caring for your sites can lower your risk of getting infections. The best veins to hit are in the arms and hands. The most dangerous areas are the wrists, anywhere above the shoulders and the groin/genital area.
- Try using veins other than the ones in your arms. You can give your veins a chance to heal and keep them from collapsing. If you can inject with either hand, it will be easier to rotate sites.
- If your veins are totally messed up, "muscling" (intramuscular injection) is an option.
- Smoking, snorting, eating and putting the drug up your ass are other ways to do your drugs.

Bringing Up the Vein

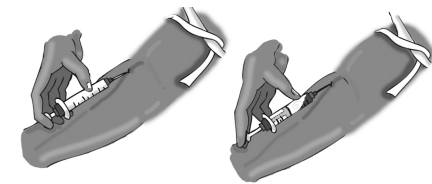
An important part of avoiding abscesses and scarring is to make sure you're in a vein before you inject. If you have problems finding a vein, try one or more of the following:

- Drink lots of fluid (preferably water) before, during and after injection. Drinking water before injecting will make your veins bigger and more visible
- Tie your tourniquet
- Clench and relax your fist if arm injecting
- Gently slap the skin
- Apply a warm cloth over the vein
- Take a hot bath—you'll find veins you never knew you had. **Never take a hit in the bath—you could nod off and drown.**



Tips

- Use a new needle for every injection
- Remember to rotate your injection sites to minimize damage to the vein
- See or feel the vein before you start to bang
- Clean the area with an alcohol swab
- Always inject with the bevel up (the bevel is the sliced angle at the end of the needle)
- Always inject with the bevel up (the bevel is the sliced angle at the end of the needle)
- Insert the needle in the same direction as the blood flow in your veins (see picture below). Then inject slowly
- Never shoot into an artery! An artery has a pulse. You'll know if you hit one because it will really hurt, the blood pressure will force the plunger backwards, the blood will look foamy, and it will take longer to stop the bleeding. If this happens, take the needle out right away.
- Press down hard on the site until bleeding stops. **If it doesn't stop in 5 minutes, you need to go to the hospital right away!**



- Cap your needles after each use. Make sure to store used needles in a container that the needle tip can't poke through (the best things are hard plastic bottles or containers)
- You can use vein cream to reduce swelling and track marks